

TECHNOLOGY ADDICTION



What is technology addiction?

- frequent and obsessive technology-related behavior
- compulsive computer use
- obsessive use of mobile devices, the internet or video games
- impulse control disorder





What makes technology addictive?

- quick and easy way to fill basic needs
- it can be a boredom buster
- contains enormous amount of information
- "Fear of Missing Out"
- video games allow players to feel that they are good at something
- makes the maintaining of human connection easier

- promoting a sense of autonomy
- actual recognition
- a social lubricant
- an escape from reality
- allows an easier way of communication
- requires few energy for a relatively big sense of entertainment





What are the risks of teen technology use?

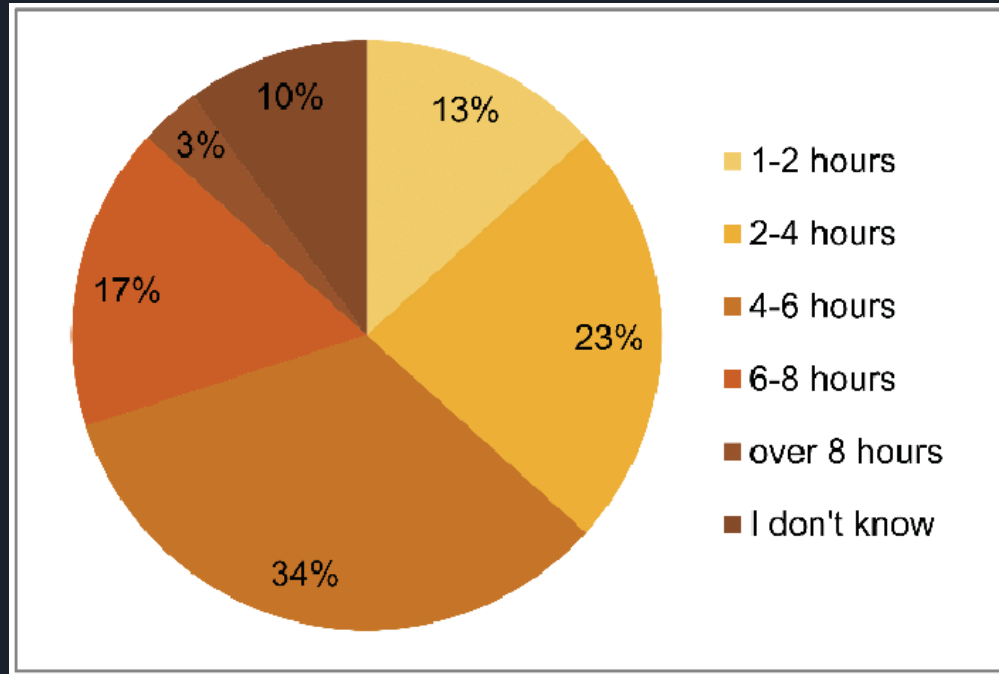
- give students a false sense of relational security
- encourages an unhealthy desire for instant gratification
- slow internet connection or “unplugging” can promote irritability and anxiety
- thanks to sleep disorder academic, athletic, and social performance can suffer
- weight gain and other complications of a poor diet and sedentary lifestyle



Ways to Control Your Internet Addiction:

- Block out distracting websites for a set amount of time.
- Limit your attention to a single application at a time.
- Create a distraction-free environment for writing.
- Instantly block the social websites that are killing your focus.
- Remind yourself to take regular breaks to keep your focus sharp.


The length of time students spend on internet:





Create a healthy balance:

- control your technology use
- protect your eyes
- seat in a proper position in front of computer
- prevent any sort of addiction
- convey your children the necessary information



Thank you for your
attention!

